



## **Creactiv – Create Active Aging**

### **Writers Workshop – Club of Old Poets**

**Writers Workshop – Club of Old Poets** is the Belgian contribution in our project. „Everyone can write“ – is the motto of our workshop. There are 15 participants of our **Akademie 50+**, and each can write in his mother language (German, French, Flemish or in the regional dialect). They write about the same issues and items, can express and compare their impressions and feelings in poems, novels, essays and little dramas.

Hot items are

*home,  
special customs in the family,  
adventures at school and on vacation,  
first love,  
wars and conflicts.*

We started last year and finally we can proudly present a booklet of these works in our **Creactiv-Meeting** in Belgium and in other special events.

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In our project of the writer’s workshop, the participants write about several issues and items. They can express and compare their impressions and feelings in poems, novels, essays or little dramas.

We want to encourage participants to explore their own creative writing abilities. They are encouraged and invited to explore their own styles of writing.

Older people learn to express themselves about their experiences, and often for the first time in their live. The objective is to know from each other, learn together, and act together.

This work of biographical history gives the participants a reflection of their own life by writing their own history and gives also the possibility to get out of their often self-imposed isolation. For a number of participants, it is much easier to write about difficult experiences instead of speaking.

One of the objectives is to maintain the dialogue of elderly people and also between generations and support the social participation and responsibility of the older generation and to give excitations to deal with the currently existing image of togetherness of the generations.

The activities of the project should start a discussion what kind of solutions can be found to integrate the growing proportion of older people in society and above all, the conditions for a meaningful aging can be created.